

# Rotorua Breast Cancer Trust

Supporting the Rotorua Community



## Coffee Mornings

Come and join us on the last Wednesday of each month

**Wednesday**

28 June 2017

Distinction Hotel

10.30 am

Do come along, you will be made very welcome.

## Coffee Evening

Come and join us on the second Wednesday of each month

**Wednesday**

14 June 2017

Capers

5 pm

Do come along, you will be made very welcome.

Cancer Society  
Ranolf Street.

**Drop-In Meditation  
Friday's**

Fridays @ 12 pm,  
approximately one hour  
duration

Lunch time meditation  
followed by the opportunity  
to

mingle and chat.  
at Abracadabra Cafe

The month of May was very definitely a Pink Month.

The 'Good in the Hood' programme ran nationwide with our service station being Fenton St. Some of our lovely ladies spent time on site chatting to the public, sharing information about who we are and what we can do to assist. Thank you to all of you who gave your time to talk to people.

We received \$1230.40 from Z service station.

We have also received donations from organisations who have held Pink Breakfasts and other activities during May

We would like to acknowledge and thank the following people and groups for their support and donations.

- Rotorua Childcare Centre. They ran a Pink Month full of activities. The children were very excited and proud to raise \$942.
- Nikki Utting Barrister. Pink Breakfast and raised \$450
- Ranolf Medical Centre. Pink Breakfast \$92
- Rotorua Police. Morning Tea. \$64.50
- The Craft Ladies form Cantabria. From the sale of crafts. \$1500

RBCT Morning Tea - on 31 May 2017 was held at the Prince's Gate Hotel.(28 attending) This is a great chance to meet new people and catch up with old friends over a cuppa.

afterwards.  
No need to to book.  
for more information  
contact  
Philippa Sutcliffe  
0273195435

Thursday Morning Walking  
Group  
Meet at Sequoia Cafe  
Tarawera Road  
9.30 am  
Join us for a walk or if  
raining a coffee.

**Lymphoedema Support  
Group  
Meets last  
THURSDAY of the  
month  
Southern Cross  
Hospital (though main  
entrance)**

58 Otonga Road,  
Springfield.

**Next meeting:  
Thursday 29th June at  
5.30 pm**

If you require support or  
information about  
Lymphoedema  
or are interested in the  
support group please  
**Contact Vanessa on  
0273508843**

**or  
email  
pvmalipaard@xtra.co.n  
z**

Rotorua Cancer Society  
1235 Ranolf Street  
Cuppa & Chat  
First Tuesday of each  
month the Rotorua Cancer  
Society,  
has a gathering, often with  
guest speakers, a cuppa  
and a chat.  
This is open to everyone..  
For more information

RBCT Evening Coffee – on the second  
Wednesday of each month. It was felt that on these  
cold nights with it getting dark so early that the start  
time will be earlier at 5pm so people can come  
along after work before going home. Next meeting  
is at Capers 14 June 5pm. Hope to see you there.

Lymphoedema Support- this group is going really  
well. There are plans to provide speakers and  
discussion opportunities in the future. Southern  
Cross Hospital (main entrance).

10<sup>th</sup> ANNIVERSARY PINK WALK – 18 October  
2017.

Put the date on the calendar.

Organise a team - friends, workmates, family.

Don't forget to think of a great costume.

---

AGM

Please put a ring around the 27 June 2017. This  
is the date that the Annual General Meeting for  
the Rotorua Breast Cancer Trust.

Venue: Millennium Hotel.

Time: 6.30 pm

Tea/coffee provided

---

Sally Goddard  
Administrator

---

contact Tracey on 07 349  
4556  
Office hours are Monday to  
Thursday, 8.30am to  
4.30pm.



[Facebook](#)



[Website](#)

## Some facts about Lymphoedema

Lymphoedema is a permanent swelling in the arm or hand or breast which can occur shortly after surgery or years later.

It can be triggered by:

- Air travel
- Injury to the limb
- Over using the limb by carrying heavy objects
- Exposure to excessive heat - including sunburn
- Constriction on the limb from tight clothes etc

Warning signs include - swelling, infection, feeling of aching, heaviness of limb or other parts of body, limitation of movement, tightness or temperature changes to area of the body.

Swelling may be aggravated by heat, overuse, sustained positions and prolonged inactivity.

If diagnosed and treated early, swelling can be controlled and reduced, infection prevented and range of movement greatly improved.

(source Breast Cancer Foundation)

Check out the following for more information:

[www.breastcancerfoundation.org.nz/resources/fact-sheets](http://www.breastcancerfoundation.org.nz/resources/fact-sheets)

[www.breastcancer.org.nz/support/moving-forward-after-treatment/lymphoedema](http://www.breastcancer.org.nz/support/moving-forward-after-treatment/lymphoedema)

A very informative site covering what is lymphoedema, the risk factors, signs and how to reduce the risk of lymphoedema. There are free resources that you can order.

---

## Rotorua Breast Cancer Trust is on Facebook

From time to time we share interesting information or support opportunities on Facebook Please Like and Share our Facebook Page by clicking [here](#) or clicking on the Facebook icon on the left of this newsletter.

---

Thanks for reading our newsletter. Again, please don't hesitate to contact us if we can be of any assistance.

Kind regards  
The team at Rotorua Breast Cancer Trust.

Need some information or have a query?

If you would like to get in touch with Rotorua Breast Cancer Trust please don't hesitate to email [info@rbct.co.nz](mailto:info@rbct.co.nz) or call us on 022 424 6616

You can also check out our website [www.rbct.co.nz](http://www.rbct.co.nz) or our Facebook page [www.facebook.com/RotoruaBreastCancerTrust](https://www.facebook.com/RotoruaBreastCancerTrust).

Copyright © 2017 Rotorua Breast Cancer Trust, All rights reserved.